

# HITT the spot: Wounded Warriors gain functional fitness



Cpl. Eric Raines (left) stands on one foot while pulling on a stability band held by Cpl. Aaron Metherringham as he balances on a bosu ball during a modified session of High Intensity Tactical Training for the Wounded Warrior Battalion West — Detachment Hawaii at the Semper Fit Center, Sept. 10. The unit uses medicine balls, TRX Trainer ropes and other equipment twice a month to develop their functional fitness.

**Christine Cabalo**  
*Photojournalist*

Recovering Marines at Marine Corps Base Hawaii are healing their bodies and minds with modified High Intensity Tactical Training exercises. Members of Wounded Warrior Battalion West — Detachment Hawaii are tackling the functional fitness found in HITT to improve their overall health. Unit staff and recovering service members work out together in regular biweekly sessions hosted by Semper Fit Center instructors and using the center's specialized physical training equipment. "It's great for team building and unit exercises, not just for the Wounded Warriors," said Jason Cutitta, Semper Fit personal trainer. "It's flexible, with many possible modifications. It gives everyone in the group, regardless of individual abilities, a good workout." Cutitta assisted in organizing the circuit training and guiding participants since the unit began their

sessions more than two months ago. He said one of the important features of the modified workout is giving several exercise options for the recovering and their supporting staff. Many from the unit appreciate having a group PT session tailored to their fitness level. "We designed a course for the whole group, but we understand that it takes individualization for each person to perform the workout routine," Cutitta said. Modified High Intensity Tactical Training features various workouts with several options for modifications on how to perform exercises. Often, the wounded warriors will complete a circuit course, which consists of different stations. Cutitta said if a certain station is "not conducive to a person's abilities," they have the option of moving to another station. "It's great, especially if you're not able to do normal PT all the time," said Cpl. Eric Raines, who was the battalion commanding officer's personal security detail for 1st Battalion, 3rd Marine Regiment,

before Wounded Warriors. "It's really helpful for me, getting a chance to rebuild myself." Raines, a native of Williamsburg, Va., said the modified HITT sessions are a nice return to the similar workouts he did both before and on deployment. In recovery for post-traumatic stress disorder, Raines said the medical condition has taken a physical toll on his body as well. "The strength training (from HITT) is more focused on toning your muscles rather than getting huge," Raines said. "With toned muscles, you can work on flexibility and increased movement. I definitely see a lot of benefits from it." Cpl. Alba Bautista, assistant unit transition coordinator, Wounded Warriors, said she appreciates how it brings both recovering Marines and supporting staff together. "Everyone gets involved," she said. "It's a good motivator to have them do more physical workouts. They're more involved, and it's really just like normal physical training for them."



Slavica Hansbrough, a Semper Fit Center instructor, leads members of Wounded Warrior Battalion West — Detachment Hawaii in a full-body stretch after finishing their modified High Intensity Tactical Training session, Sept. 10.

The #1 way to survive breast cancer

Shari Lopatin

TriWest Healthcare Alliance

One woman is diagnosed with breast cancer every three minutes.\* And every 13 minutes, a woman will die from this disease. Yet, more than 2 million survivors of breast cancer are living in the U.S. today.\* Do you know what that means? Even if you've been diagnosed, there is still hope.

**Mammograms save lives; TRICARE covers them**

The sooner you detect breast cancer, the better your chance of survival. And a mammogram is one of the best ways to detect it early enough for successful treatment. The Centers for Disease Control and Prevention say having regular mammograms can lower your risk of dying from breast cancer. Just remember to follow up with your doctor for a

clinical breast exam and continue your monthly self-exams.

TRICARE covers mammograms for women starting at age 40. For those considered at high risk for breast cancer, TRICARE begins covering mammograms at 35 years old. Best of all, these screening mammograms are at no cost to you.

**Early warning signs of breast cancer**

Breast cancer is the most common type of cancer in American women other than skin cancer, according to the CDC.

**What are some of the earliest warning signs?**

- A new lump in the breast or armpit
- Thickening or swelling of the breast
- Nipple discharge, other than breast milk, including blood
- Change in size or shape of the breast
- Pain in any area of the breast

If you are concerned about any of these symptoms, visit your doctor immediately.

**Where can you get your mammogram?**

Your doctor can give you some options where you can conveniently get a mammogram. Your closest option might be at a military clinic or a local imaging center—sometimes these are called radiology centers. To have your mammogram at no cost make sure that:

- Your mammography center is TRICARE-authorized.
- If you're on TRICARE Prime, your mammography center is in the TRICARE network. If not, you will need a referral from your primary doctor.

For more information on breast cancer prevention, visit <http://www.triwest.com/prevention>.  
\* Information pulled from the Susan G. Komen Race for the Cure website.





Cpl. James A. Sauter vs. Sgt. D.R. Cotton

VS is a recurring column tackling debatable issues in the sports and entertainment world. Hawaii Marine readers can submit a subject for future columns by e-mailing their ideas to [HawaiiMarineEditor@gmail.com](mailto:HawaiiMarineEditor@gmail.com).

If there’s a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your “opinion,” regardless of how wrong it is, featured below. Suit up, ladies ... it’s game time.

Is John “Bones” Jones the greatest MMA fighter of all time?

**COTTON:** After Jon Jones convincing victory over Vitor Belfort Saturday, we are once again asking the question - is Jon Jones the “greatest of all time?” Sorry Muhammad Ali, but it is pretty clear to me that it’s more true for him that for you. Not only is his fighting the dominant force in the UFC today, but it is clear that he defeated the entire UFC Light Heavyweight Championship directly or by proxy. Since taking the title in March 2011 at the age of 23, he has defended it four subsequent times to tie the record for title defenses (nobody counts Tito Ortiz’s malingering). He has defeated Rua, Jackson, Machida, Evans, and Belfort, all who are former champs in dominating fashion. Champions are not only judged by the way they fight, but they way they are champions. “Bones” Jones holds his title as a warrior of mythical proportions - with virtue, sportsmanship and elegance (like a polar opposite of Ali).

**SAUTER:** After watching that fight at the UFC gym, I’m a believer too that Jon Jones is indeed a very talented fighter and possesses a rare combination of wrestling, Brazilian Jiu-Jitsu and Muay Thai fighting styles. Even in my book, that’s one of the best combos, and Jones is rightfully the reigning light heavyweight champion. But does a well-rounded MMA style with a near perfect record fit the overly generalized debate of “greatest of all time?” I don’t think so. Other great athletes like Babe Ruth, Lawrence Taylor and Alexander Ovechkin

were considered champions of their respective sports. However, like every other legend, they reached their peaks and inevitably fell from their high and mighty thrones. Even Kronos, the mightiest of the mythic Greek titans, was overcome by his even greater son Zeus. Jones is at his peak, but like those before him, he too will be overcome by someone better. “Greatest of all time,” obviously, encompasses the future in addition to the past.

**COTTON:** Unless humanity develops some sort of clairvoyance in the near future, when we say “all time,” we mean up to the current point in time. Will Jones be replaced by a greater champion, perhaps someday we will be able to develop a cyborg that can do it (but maybe not). The fact of the matter is he pounded and treated fighters who are the best in a manner that puts him in his own league, like no fighter ever before him. His only loss was when he beat Matt Hamill too hard and was disqualified (the 12 o’clock to 6 o’clock elbow that should be a legal strike anyway). Not only does he synthesize styles from many different arts, he innovates the way he executes his strikes. There’s no way to effectively block it because he makes the changes to his technique in real time. We have never seen anything like this - making him the greatest of all time.

**SAUTER:** Well if the match is going to come down to who can beat the crud out of someone more in a way that has never been seen before

(which already has), I’m pretty sure “Bones” will have his bones crushed before the first round is over by any UFC hall of famer like Anderson “the Spider” Silva or Randy “the Natural” Couture. These are just two of a few fighters who defined the sport of professional mixed martial arts with their superb fighting abilities and for good reason; when Sylvester Stallone couldn’t beat Steve Austin in a fist fight wearing Kevlar, who has to step in to finish it with wrestling and Jiu-Jitsu ... Couture. An accomplished wrestler and a pioneer of cage fighter tactics and strategy, it can be said that Couture is one of the fathers of UFC and one of the greatest fighters in MMA history (Hint: hall of famer). How wonderful would it be to have the current light heavyweight champion fight a founder of the sport in a headlining exhibition match at the Trump Hotel in Las Vegas ... only to have his bones crushed Greco-Roman style?

**COTTON:** MMA isn’t built on Greco alone, and even if it were, Jones was an National Junior College Athletic Association All-American and Northeast Junior Greco Roman Champion. More importantly he has demonstrated his share of slam-and-throw time in the octagon. Couture was a fine champion in his day, but Jones has beaten Machida and Belfort who have each beaten Couture. Not to say that if we were to take any other fighter in their prime and match them against Jones, Couture might come the closest. The fact is that

nobody has dominated MMA like Jon “Bones” Jones. He has won all of his fights with his only loss being a silly technicality. He took on the entire field of competitors and dominated them. Silva is also a great fighter, but accumulated three to four times the losses as Jones up to the 19-win mark. After Silva likely beats Stephan Bonnar, we will begin to see if a challenge for Jones is in the works. It would be the most epic fight in the UFC to date, but I don’t think anyone in view has what it takes to defeat Jones - the greatest MMA fighter of all time!

**SAUTER:** There is more to the martial art of UFC fighting than how many wins Jones has by throwing knock-out punches. Also, being the greatest fighter in MMA shouldn’t only be measured by brute force in the octagon or how disciplined he is during training. Jones is without a doubt at his peak with his fighting skills but he will inevitably lose to someone better, maybe to a hall of famer like Silva. All good things come to an end. It’s here where Jones will have to demonstrate that he’s the greatest, by being humbled by defeat, and he’s not there yet. Boxing champion Rocky (Stallone) was at his peak until he got beat by Clubber Lang. He became a true champion when he came back from this defeat and KO’d Lang. Champions are defined by their losses and how they come back from them. Jones is a great fighter now, but in his defeat, will he still be a great fighting champion? We will see, but I have my reservations.



SAUTER



COTTON

SPOTLIGHT ON SPORTS

Splash and Dash Biathlon

Support the sailors of Helicopter Anti-Submarine Squadron Light 37 at the Splash and Dash Biathlon, Saturday, Oct. 20, at 7 a.m. Start the morning with a 500-meter swim in Kaneohe Bay, finishing with a 5K run that begins and ends at the Hangar 103 pad. This race is open to the general public. Online registration closes Tuesday, Oct. 16 at 4 p.m. Visit <http://www.mccshawaii.com> for more information.

Turkey Trot 10K

Take a running tour of MCB Hawaii with our last 10K run of the season, Nov. 17 at 7 a.m. The race will start and finish at Dewey Square. Run alone or in a six-person formation. Register online by Nov. 13 and receive a race T-shirt. Late registrations will also be accepted, but with a late fee. Pick up your race packet by Nov. 16 at the Semper Fit Center. For more information, call 254-7590.

Keep cool with Aqua Aerobics

Step into better fitness with water weights during this hourlong class. Participants do not need to swim in order to participate. Class is held at the base pool Saturdays at 9:30 a.m.

Gridiron Gals: Female Flag Football Schedule

Sunday

Game site to be determined  
2 p.m.- Army’s Angels v. Sharks  
3:30 p.m.- Vixens v. Maniax  
5 p.m.- Falcons v. War Dawgz

Oct. 7

Game site to be determined  
2 p.m.- Maniax v. War Dawgz  
3:30 p.m.- Falcons v. TNT  
5 p.m.- Army’s Angels v. Vixens

Oct. 14

Game site to be determined  
2 p.m.- Army’s Angels v. TNT  
3:30 p.m.- Sharks v. War Dawgz  
5 p.m.- Falcons v. Maniax

Oct. 21

Game site to be determined  
2 p.m.- Falcons v. Sharks  
3:30 p.m.- Vixens v. TNT  
5 p.m.- Army’s Angels v. War Dawgz

For more information about joining a team or the schedule, email: [hawaii\\_female\\_flagfootball@yahoo.com](mailto:hawaii_female_flagfootball@yahoo.com).

through the fall. For details, call 254-7597.

Semper Fit Juniors Program

The Semper Fit Juniors Program is open to 14- and 15-year-olds who, upon the completion of a Fitness Basics class, will receive a badge and

are granted independent access to the center from 2 to 5:30 p.m., Monday through Friday, and during regular operational hours on the weekends and holidays. Currently Semper Fit Center policy states that children ages 12 to 15 need to be accompanied by an adult. Children ages 16 to 18 have unrestricted access. Even with completion of the

Fitness Basics class, youth must be accompanied by an adult outside of these designated hours. Independent access will be granted to all group exercise classes regardless of times (participant fees still apply).

Participants must present their military identification and badge upon entering the facility after completing the class. For details, call 254-7597.

Adult sailing courses

The base marina offers a monthly adult sailing course where patrons can learn the basics of sailing in just four days.

The highlight of this course is that participants will have the opportunity to receive a U.S. Sailing Small Boat Certification, valid at marinas across the nation. The cost includes book and certification. To register, please call 254-7666.

New Outdoor Recreation and Equipment Center now open at base marina

Check out the fun at building 6800. The OREC features a new, expanded selection of water activity, recreation equipment, and party rentals. For more information, visit <http://www.mccshawaii.com/marina.shtml#open>.



# MARINE WARDAGZ CRUSH ARMY VIXENS

The Wardawgz, featuring active duty Marines and spouses from Marine Corps Base Hawaii, run to score a touchdown during a game of female flag football at Radford High School in Honolulu, Sunday. The team beat the Army Vixens, 13-6, making them undefeated thus far in the third season of the military female flag football league.

Willis Taylor | Courtesy Photo

## VOLUNTEER OPPORTUNITIES WITH NMCRS KBay

The Navy-Marine Corps Relief Society is a non-profit organization run by volunteers that aids and supports Marines, Sailors and their families. We offer financial counseling, Budget for Baby workshops, education tuition scholarships/assistance, and interest free loans and grants. As a predominately volunteer-run organization we are constantly looking for individuals who would be interested in helping with our various programs.



- Build your resume
- Develop new skill sets with free training
- Child care and mileage reimbursement available to all volunteers
- Broad range of volunteer opportunities available

Call 808-257-1972 or email [lauren.giblin@nmcrs.org](mailto:lauren.giblin@nmcrs.org) for more information

NMCRS offers a variety of ways you can contribute as a volunteer. Do you have a background in finance? Or maybe you're interested in learning more about financial counseling and helping others out of debt? If so, we would love to have you as a Caseworker.

Perhaps you're more interested in helping new and expecting parents prepare for a new baby? You would make a perfect instructor for our Budget for Baby class.

Do you enjoy public speaking and meeting new people? We would love to have you aboard as part of our Publicity and Marketing team to be an ambassador for NMCRS.

No matter what your interests are as long as you have the time and want to give back to Marines, Sailors and their families, we have a place for you at NMCRS KBay!





Christine Cabalo | Hawaii Marine

# A JEWEL OF A POOL

The Officers’ Club pool stands complete with pool furniture and new concrete decking after more than eight months of construction improvements. The pool is scheduled to re-open to patrons starting Oct. 5. During construction the pool’s drains and pump were replaced, in addition to improvements to the pool’s retaining wall. The pool will be open for swimming Friday through Sunday from noon to 5 p.m.

# TEDDY TIME

Cassandra Holsten, a preschool teacher, sings a song about bears of various colors with children at Parent Participation Preschool, held at the Armed Services YMCA Kaneohe Bay branch, Tuesday. The group meets every Tuesday and Thursday, for children 3 to 5 years old with a parent. The preschool sessions include games, a letter of the week, and arts and crafts. For more information about signing up for the preschool or other programs available by the ASYMCA, call 254-4719 or [kaneohe@asymcahi.org](mailto:kaneohe@asymcahi.org).



Christine Cabalo | Hawaii Marine

# October is Energy Action Month

**Dragos Oprescu**  
*Facilities Department*

As we flip the calendar page to October, most of us think of Oktoberfest and Halloween overflowing with food and candy, but how about turning our thoughts toward something else that is not only good for the body, but also the wallet and the environment?

This year’s theme for Energy Action Month is: “Think globally ... lead locally.” In other words, we should take action to reduce our base’s energy demand and increase self-sufficiency by using more renewable energy sources.

The Marine Corps Base Hawaii Facilities Department is hosting various activities, promoting energy and water conservation, during Energy Action Month.

The Facilities Energy Team also distributes information and promotional materials to encourage everyone who works and/or lives on base to take action to save energy and money. As in previous years, the department is encouraging an initiative called “Watts for lunch? Power up your body, power down your office,” on Oct. 3 and 24.

During both days, Marines, sailors and civilians are encouraged to turn off at least one electric device during their lunch hour, or from noon to 1

p.m. The ideal devices for this event are monitors, computers, printers, TV sets, fans, task lights, restroom and hallway lights, air conditioner window units and appliances. Common sense should be used when turning-off these devices. Do not turn off critical equipment. The base has also an active energy awareness program utilizing department and tenant command/unit utility conservation managers and building energy monitors to promote energy conservation with base personnel and residents.

The Facilities Department is in the process of implementing a new energy management training program including classroom and field sessions. The UCMs and BEMs in each command will receive training in building energy management on Oct. 11, 18 and 25, to comply with the commanding officer’s energy conservation policy statements and the base order.

Representatives from the MCB Hawaii Energy Management Team will conduct the training from 9 to 10:30 a.m. and 1:30 to 3 p.m. at building 267 in classroom one or three. Free items promoting energy conservation including notebooks, posters, flyers and stickers will be distributed to all attendees.

Thanks to energy and utilities management programs and

participation from the base community, MCB Hawaii is leading locally in this global call for action to save and conserve energy.

The base completed energy and water conservation projects and initiatives, including a \$12.8 million Energy Saving Performance Contract which resulted in more than \$1.3 million in annual cost savings. Ongoing comprehensive building energy audits and retro-commissioning efforts have identified an annual energy savings of approximately \$200,000. In addition, the department is pursuing an aggressive renewable energy program to make the base less reliant on fossil fuel-produced electricity.

With 1.1 megawatts of photovoltaic systems already installed or under construction, more of these projects are planned, including one ground array, three solar PV carport sites and eight rooftop sites, totaling up to two megawatts of solar power.

Solar hot water systems have been installed on 16 base operational, support and lodging facilities. All family housing units are being equipped with solar hot water systems. Moreover, development of an Enhanced Use Lease is underway by Naval Facilities Engineering Command Hawaii for 30-60-megawatt bio-fueled capable powerplant at K-Bay.

These projects will help us achieve a net zero energy base by 2015. First proclaimed by President George H. W. Bush in 1991, October is designated by the U. S. Department of Energy as National Energy Awareness Month. This year, the DOE is going beyond energy awareness to urge action to save energy, water, and money for American taxpayers. To encourage this call for action, the DOE requested the current Energy Awareness Month to be renamed National Energy Action Month.

As a result, President Barack Obama declared October Energy Action Month. This also falls in line with the “Bases to Battlefield” Expeditionary Energy Strategy and Implementation Plan, introduced by Gen. James F. Amos, the commandant of the Marine Corps. The plan directs the Corps to increase energy efficiency on the battlefield by 50 percent by the end of 2025.

The plan promotes a new warrior ethos of efficient and effective use of energy. Another great objective for the Marine Corps is to make 50 percent of the bases net zero energy consumers by 2020.

One important lesson in the area of energy efficiency and conservation is that participation is essential. The base community’s participation will make these activities and continuing energy conservation efforts a success.

## Armed for flu season: Vaccines available in October



**Oct. 4**

**Flu Vaccine** – Tricare beneficiaries can receive their flu vaccination for the 2012-2013 flu season Oct. 4 and 5, 9 a.m.-2 p.m. at the Pearl Harbor Naval Exchange.

The vaccination will be available at other installation exchanges throughout the month. Visit <http://www.tamc.amedd.army.mil/flu> or call 433-1FLU for more information.

**Oct. 13**

**Flu Vaccine** – Tricare beneficiaries can receive their flu vaccination for the 2012-2013 flu season Oct. 13, 9 a.m.-2 p.m. at the Schofield Barracks Post Exchange.

The vaccination will be available at other installation exchanges throughout the month. Visit <http://www.tamc.amedd.army.mil/flu> or call 433-1FLU for more information.

**Oct. 20**

**Flu Vaccine** – Tricare beneficiaries can receive their flu vaccination for the 2012-2013 flu season Oct. 20, 9 a.m.-2 p.m. at the Kaneohe Bay Marine Corps Exchange.

The vaccination will be available at other installation exchanges throughout the month. Visit <http://www.tamc.amedd.army.mil/flu> or call 433-1FLU for more information.

**Oct. 25**

**Flu Vaccine** – Tricare beneficiaries can receive their flu vaccination for the 2012-2013 flu season Oct. 25, 9 a.m.-2 p.m. at the Fort Shafter Post Exchange.

Visit <http://www.tamc.amedd.army.mil/flu> or call 433-1FLU for more information about getting you and your family vaccinated.

**Oct. 27**

**Flu Vaccine** – Tricare beneficiaries can receive their flu vaccination for the 2012-2013 flu season Oct. 27, 9 a.m.-2 p.m. at the Hickam Base Exchange. Visit <http://www.tamc.amedd.army.mil/flu> or call 433-1FLU for more information about getting you and your family vaccinated.



MARINE MAKEPONO

**Apartment for rent.** Two-bedroom 985-square-foot apartment available in Kailua. Ocean and mountain views. One and a half bathrooms, shower connects bathrooms. Secured building with pool. \$2,000 per month. No smokers. Basic cable and water included. Call 392-0709.

**Washer and dryer for sale.** Like new, extra large capacity, top-loading Kenmore washer and electric dryer set for sale. Excellent condition. \$450 obo. Call 910-750-2386.

**Coffee table for sale.** Made of solid oak, natural wood finish. Lightweight but sturdy. Excellent condition. Call 520-204-0144.

**Car for sale.** 2001 Saturn LS 200, 4-door sedan, dark green. 95,000 miles, great condition. Perfect island car, second vehicle or starter for teens. Moving, must sell. \$1,900. Call 520-204-0144.

**Apple accessories for sale.** iPad photo connector docks, USB and SD. Apple Store product MC531ZM/A. Brand new, still in box. \$20. Call 520-204-0144.

*If you would like to sell, buy or trade something in the Marine Makepono section of the Hawaii Marine, fill out a form at the Marine Corps Base Hawaii Public Affairs Office in Building 216, Room 19. Please have your Military ID and a short write-up of what you’d like to run. You can fill out the form on the spot or return it to the office later. Emails, faxes and telephone calls are not accepted for Makepono classified ads. Marine Makepono may only be used by active duty, reserve, retirees or their immediate families.*

BASE/COMMUNITY/VOLUNTEER EVENTS

Talk Story Festival

The 24th annual free Talk Story Festival is scheduled for Oct. 19 and 20, from 6 to 9 p.m. at McCoy Pavilion (in the center of Ala Moana Beach Park). Storytellers will be telling scary stories on Oct. 19 and family-oriented stories on Oct. 20. For details, contact Jeff Gere at jgere@honolulu.gov, or call 768-3032.

Mission Houses Museum seeks volunteers

The Mission Houses Museum is seeking volunteers for various positions, including accounting/administrative assistant volunteers, curatorial/collections volunteers, database assistants, IT/marketing assistants and more. For details, contact Marcia Timboy at 447-3918 or email mtimboy@missionhouses.org.

Waimea Valley events

Kanikapila Sundays are scheduled on Oct. 21, Nov. 18 and Dec. 16. This freestyle music circle is held in the Waimea Valley pavilion area and free to the public. Bring your instruments or just come and listen to the music from 1 to 4 p.m. Moon Walks are scheduled on Oct. 26, Nov. 30, Dec. 28. This special monthly, 1.5-mile round-trip walk will take you from the ticket booth area to the waterfall area and back. There is a small fee. There is also an Arbor Day Annual Tree Give-Away on Saturday, Nov. 3 scheduled to start at 9 a.m. with an annual plant sale. Waimea Valley’s annual Makahiki Celebration on Saturday, Dec. 1. This is a time-honored celebration paying tribute to Lono, the Hawaiian deity of the harvest, with hula, music, traditional games and crafts. For more information, call 638-7766 or visit <http://www.waimeavalley.net>.

Halloween Teen Dance

Teens and guests ages 10-14 who are Marine Corps Base Hawaii CYTP members are invited to the annual Halloween dance on Oct. 26 from 6 to 9 p.m.

A costume contest with prizes will be held and pizza and drinks will be available for purchase. This event will be held at the Youth Activities Center and will be supervised by Youth Activities staff. For ticket purchase and more information call 257-2030.

Fall Day Camp

The Fall Day Camp for CYTP children ages 5-12 will be held from Oct. 1-5. This is an all day camp with care provided

from 6 a.m. to 6 p.m. including a USDA breakfast and afternoon snack. The theme of the camp is Carnival Fun. For more information and to register contact CYTP Resource and Referral at 257-7240 or call Youth Activities at 257-2030. (Children currently enrolled in the SAC program will receive automatic inclusion into the Fall Day Camp).

Bellows Boofest

Bellows Boofest will be held Saturday, Oct. 27, from 11 a.m. to 9 p.m. at Bellows Air Force Station. For a small fee, there will be a pumpkin carving contest, scavenger hunt, costume contest, trick or treating, storytelling, a movie, and a Kiddieland to include bouncers, water slide, face painting, arts/crafts, and a live DJ. Bring your family and have a fun, safe and Happy Halloween at Bellows AFS. For details, visit <http://www.bellowsafs.com>.

USO Hawaii seeks volunteers

USO Hawaii is seeking volunteers for the Medal of Honor Convention 2012. The convention will be held in Honolulu from Oct. 1 to 6. There are volunteer opportunities until Oct. 10. To obtain a volunteer application form, please visit <http://medalofhonorconvention2012.com/volunteerform>. For more information, email BTroegner@uso.org.

Harvest Fest Celebration

The Youth Activities Center is the venue for the 3rd annual Harvest Fest Celebration set for Friday, Oct. 19 from 4 to 6:30 p.m. This is a free event for all base youth and families. Scheduled activities include a petting zoo, fire engine rides, a pumpkin patch, a haunted house, arts and crafts, games, rides, and our fabulous Trunk or Treat event where children receive Halloween candy.

Young Marines Program open house

Young Marines are opening a unit on Kaneohe Bay, and there will be an open house at the Mololani Community Center, 1931 Campion Drive, at 6 p.m., Oct. 16. We are also looking for adult staff volunteers to begin building our program. Great opportunity for community service, and helping us “Strengthen the Lives of America’s Youth.” Must be at least 18 years to apply.

For more information send us an email at: [PyramidRockYM@gmail.com](mailto:PyramidRockYM@gmail.com) or call: 443-975-6805/6807, please leave a message if we are unable to answer.

MOKAPU ELEMENTARY BRIEFS

School fundraiser

Every Tuesday and Friday in September, PTA receives 25 percent of your total purchase at Dairy Queen at Mokapu Mall from 2 to 5 p.m. Please send your receipt in an envelope labeled “Mokapu PTA” with your child. Please be patient as many people are heading over right after school to participate.

Mokapu gear sale

Mokapu Logo gear available for sale, including T-shirts, tumblers, water bottles and koozies.

Cash or checks should be made payable to Mokapu PTA. Order forms and samples are available to view in P-6. A limited supply of Smencils and Smen sets are also available. For details, email [PTAMokapu@gmail.com](mailto:PTAMokapu@gmail.com).

Box Tops for Education

submissions are due on Oct. 12.

National PTA reflections program

For more information about “The Magic of a moment,” visit <http://www.ptareflections.org/> or email [PTAMokapu@gmail.com](mailto:PTAMokapu@gmail.com).

Art donations accepted

Art Donations now being collected for a silent auction to be held at the reflections banquet. If you would like to make a submission, please email [PTAMokapu@gmail.com](mailto:PTAMokapu@gmail.com).

School holidays

School will be out of session from Oct. 1-5 for Fall Break. There is no school on Oct. 8, in observance of Columbus/Discoverers’ Day.

**Bingo Night** is scheduled for Oct. 12. For more information about Bingo Night, email [PTAMokapu@gmail.com](mailto:PTAMokapu@gmail.com).